



Support if You Are Looking after Family, Friends or Neighbours

At Ruach City Church we are mindful that many of us will be family and friend carers in our personal lives. Therefore, we are sharing information below that you may find helpful.

Definition of a Family and Friend Carer (Carer)

When people need help with their day to day living they often turn to their family and friends. Looking after each other is something that we do.

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs extra help as they grow older.

If you or someone you know is supporting a family, friend or neighbour you may be able to get support from local carer support organisations

Carers Trust

You can search for local carer support organisations via the Carers Trust which is a major charity for unpaid carers. Please search your post code or town here: <https://carers.org/>

Other National Charities:

- Carers UK is the UK's only national membership charity for carers. Carers UK is both a supportive community & a movement for change: <https://www.carersuk.org>
- Age UK is the Country's leading charity dedicated to helping everyone make the most of later life: <https://www.ageuk.org.uk/>
- Alzheimer's Society is the UK's leading dementia charity: <https://www.alzheimers.org.uk/>

In times like this it more important than ever that we look after ourselves as well as those we care about.

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